

Join us for our  
13th annual



# Senior Lifestyles Conference

**Monday  
October 18, 2004**

**Country Inn Hotel  
2810 Golf Road  
Pewaukee**

Sponsored by:

**Waukesha County  
Department of  
Senior Services**

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**Commission on Aging**

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**PROHEALTH CARE**

## PROGRAM 2004 Senior Lifestyles Conference October 18, 2004

7:45 Registration, Coffee & Donuts  
8:00 Exhibits Open  
8:30 Welcome: Dan Finley, County Executive  
Cathy Bellovary,  
Director of Senior Services  
Ed Olson, President & CEO  
Waukesha Memorial Hospital

**8:45 Keynote: Betsy Francoeur  
57th Alice in Dairyland**

9:20 Break - Visit Exhibits

9:45 Workshops (Group 1)

10:40 Break - Visit Exhibits

11:05 Workshops (Group 2)

12:10 Lunch - Visit Exhibits

1:30 Workshops (Group 3)

2:35 Wrap-up, Evaluation, Door Prizes\*

**\*You must be present to win a door prize!**

### Featured Menu

Stuffed Chicken Breast  
Green Beans, Carrots and Red Onions  
Herb Roasted Wedge Potatoes

### Vegetarian Menu

Vegetarian Lasagna

**Flu & Pneumonia Shots  
Offered by Waukesha County  
Public Health Services  
Available 7:45 AM - 1:25 PM**

*Conference registration required before receiving  
flu/pneumonia shot(s).*

### Note:

- Flu & pneumonia shots can be given at the same time. Pneumonia shot will only be given if it is your first pneumonia shot.
- Medicare Part B will pay for both flu & pneumonia shots; **bring your Medicare Card with you.**

**For those not on Medicare, the flu shot is \$18;  
the pneumonia shot is \$25.00. Fees are payable  
at the time shot(s) is received.**



*Alice  
in Dairyland*

### Wisconsin's Agricultural Tradition and Future

From its beginning following World War II, Alice in Dairyland has grown and changed with the times. Betsy Francoeur, Wisconsin's current 57<sup>th</sup> Alice in Dairyland, will bring Wisconsin home during her keynote as she tells us about her role as Alice in Dairyland and shares informative and fun Wisconsin agricultural facts.

### Exhibitors

Accent on Cruises; Addiction Resource Council Inc.; Aurora Pharmacy; Blue Cross & Blue Shield United of WI; Catholic Charities; Cesarz, Charapata & Zinnecker Funeral Home; Fireside Dinner Theatre; Coalition of Wisconsin Aging Groups; Covenant Healthcare; Highland Communities Inc.; Home Care Medical; Home Instead Senior Care; Krause Funeral Home; Lamers Tour & Travel; Interfaith Caregiving Network; LaCasa Village; Laureate Group; Lutheran Homes of Oconomowoc; Lutheran Social Services; Medicare Complete; Metastar/Medicare Part B/WPS; Positive Transitions; Presbyterian Homes of Wisconsin; ProHealth; Quail Pointe Luxury Apartment Houses for Seniors; ResponseLink; Rogers Memorial Hospital; RSVP of Waukesha County, Inc.; Seasons Hospice & Palliative Care; Senior Planning Group; Senior Residential Care of America; Stillwaters Cancer Support Services; Therapy Works LLC; Three Pillars Senior Living Communities; Tudor Oaks Retirement Community; Volunteer Center of Waukesha County; Waukesha & Oconomowoc Memorial Hospitals; Waukesha County District Attorney's Office; Waukesha County Federated Library System; Waukesha County Department of Senior Services; Waukesha County Public Health Division; Waukesha County Technical College - LIR; Wisdom Technologies; and Woodland Health Care Center.

*Participation as an exhibitor does not constitute product endorsement by the  
Waukesha County Department of Senior Services.*

**Workshops - Group 1**  
**9:45 AM - 10:40 AM**

- Why do some people see things differently than you? This program called "Colors" is a way to help people understand human behavior. You will have the opportunity to do a "self assessment," and see how others "see things." It is an exciting, practical and enjoyable tool. *SPACE LIMITED. REPEAT FROM LAST YEAR BY POPULAR DEMAND!*

Do you want to enhance your health through a well-balanced diet? In this program, a registered dietitian will present a contemporary, common sense approach to healthy eating and debunk some of the current dieting myths. Includes information on eating to lose weight, diet fads and common nutritional deficiencies.

Planning ahead and developing financial security throughout your lifetime is necessary for financial freedom. Women need to be involved in making financial decisions. Find out how to avoid common mistakes many people make when dealing with family finances.

Come join us to recharge your body, mind and spirit! We will practice the Yoga techniques of meditation, relaxation, and breath work.

**Workshops - Group 2**  
**11:05 AM - 12:00 PM**

- As we age we all experiences losses. It might be loss of vision, hearing, loved ones or just that our get up and go, got up and went. So how do you find joy in life again? The answer is not so easy and often is different for different people. The first step is to make sure there is not a clinical cause for the blues. Join us for this informative talk on how to tell the blues from depression and how to find joy in life once again.

Which cheeses go well with dessert, which are great snacks? Get to know more about some of the over 300 varieties of Wisconsin cheese. Learn a little history along with some fun facts, take home recipes, and sample some of Wisconsin's very own cheese!

Long Term Care Insurance plays a critical role in financing care needs when appropriate. Learn how to make an educated decision about whether Long Term Care Insurance is right for you!

**Workshops - Group 3**  
**1:30 PM - 2:25 PM**

- Braun is a Belgian Malinois certified in patrol and narcotics detection and trained in evidence detection, tracking, building searches, crowd control and officer protection. Find out what it takes to train dogs like Braun for the Canine Support Unit and watch Braun demonstrate some of his talents.

Forget where you put your keys? We can all use some help keeping our memory skills sharp. Participate and learn how to enhance and build your memory with fun exercises for the brain.

Do you find you are often in a seated position with more cushioning than you care for? Do you have difficulty getting on the floor and performing the traditional exercises for toning and stretching muscles? Join us for Chair Exercises!!!

Senior Lifestyles Conference  
Department of Senior Services  
1320 Pewaukee Rd., Rm. #130  
Waukesha, WI 53188-3878

**For additional information call the Department of Senior Services at (262) 548-7848.**  
The Country Inn is located off of I-94. Exit on County Highway T, North (exit 293) to Golf Road. Left on Golf Road for one mile.

